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# PASSION

## 995

JUL-SEP 2017

02

## WHAT'S TRENDING?

Historical Neighbourhoods  
Then & Now

10

## WHAT'S HAPPENING?

Courses to enrich your life

14

## WHAT'S GOOD?

Great deals wherever you go

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## MY 'HOOD IS OLDER THAN YOURS



As we celebrate our little dot's upcoming birthday, let's take a look at several historic neighbourhoods that have withstood the waves of changes by continuously rejuvenating themselves.

### Chinatown

Then: As Chinese traders and coolies made up 70% of the migrant population in the 18th century, Sir Stamford Raffles decided to assign the area southwest of the Singapore River to the Chinese migrant community. Chinatown was thus born.

Buffalo-driven carts transporting water were prevalent throughout the area, so local Chinese conveniently named Chinatown as “牛车水” (water bullock cart literally). As distinctive as the bullock carts were the ‘five foot ways’ – sheltered, narrow walkways of just 5 feet (1.5m) wide for pedestrians to find respite from the sun and rain. Under these narrow walkways, a myriad of trades (known as five-foot-way trades) catering to every aspect of life thrived. Everyone, from itinerant hawkers, barbers, knife sharpeners, locksmiths, letter writers to fortune tellers, was trying to eke out a living using skills they had picked up back in their homelands or locally.

Now: While the five foot ways still remain in Chinatown today, gone is the noisy bevy of tradesmen and hawkers. A hotspot for tourists and locals alike, the grand dame now has medicinal halls, teahouses, hip watering holes and distinctive boutique hotels side by side. Just like back in the good old days, Chinatown still has something for everyone now, albeit glitzier and a lot more organised now.

### Kampong Glam

Then: In the days gone by, Kampong Glam was a peaceful fishing village at the mouth of the Rochor river. ‘Kampong’ is Malay for ‘village’ while ‘Glam’ is actually inspired by the gelam tree (Paperbark tree which was used for building ships then) that grew there. In 1822, Stamford Raffles designated the Kampong Glam area to Sultan Hussain Mohammed Shah, the Muslim community as well as the Arab and Bugis (one of the major ethnic groups in South Sulawesi, Indonesia) merchants.

Now: Till this day, the area remains the heartbeat for the Malay community in Singapore. Besides being home to the magnificent Sultan Mosque and historic Malay Heritage Centre, glam-orous Kampong Glam boasts of a myriad of shops selling dazzling rugs, fabrics, bespoke perfumes to exotic cafes. It's an idyllic place to escape the downtown crowd this National Day. Oh, we're sure no self-proclaimed fashionista would miss checking out the quaint, independent boutiques along Haji Lane for some quirky buys.



### Little India

Then: Did you know how 'Racecourse Road' in Little India came about? It turned out that there were many Europeans living in this area back in the 1840s as they loved frequenting the racecourse which was here. Later on, cattle trading got popular and became a predominantly Indian trade. Indian cattle businessmen hired more migrant workers from India. More businesses, Hindu temples and mosques subsequently sprouted and laid the foundation for Little India today.

Now: The Europeans, racecourse and cattle herders have long been relegated into the history archives. But the hustle and bustle remains. Now Indian vegetarian restaurants serving up sizzling roti pratas and teh tarik, shiny gold jewellery shops whose owners are eager to please and crowded Hindu temples that never sleep are at every turn. A walk around this teeming precinct is always a wonderful treat for the senses.

### Katong/Joo Chiat

Then: A suburb favoured by the Peranakans and Eurasians, the yesteryear Katong was packed with lush coconut plantations and a popular weekend retreat for well-heeled city dwellers. Katong's next-door neighbour, Joo Chiat, got its name from a Mr Chew Joo Chiat, a rich landowner.

Now: The charm of these two neighbourhoods has got to be its charismatic Peranakan-influenced shophouses and terrace homes with gorgeous motifs and vibrantly-coloured ceramic tiles. The glorious choice of food available abundantly here is also a huge draw for many foodies in the know. How about celebrating this National Day in a wonderfully sinful way - by chowing down Katong laksa, kueh chang (dumplings) and other iconic Peranakan goodies?



The charm of Katong and Joo Chiat has got to be its charismatic Peranakan-influenced shophouses and terrace homes with gorgeous motifs and vibrantly-coloured ceramic tiles.

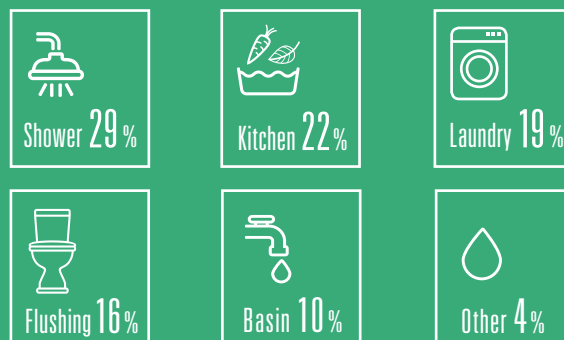


## SAVING WATER 101



With more unpredictable weather patterns in the horizon, there's a need for all of us to do our part in saving water. Let's take a look at some really effortless lifestyle tweaks to save water.

### Water usage of a typical household



Now that we've a clearer idea where all the precious drops are going to, let's look at some practical ways to reduce usage.

#### 5-Minute Showers

Besides speeding up a little and turning off the tap while lathering, you could also try stepping into a basin to collect the clear rinse water after rinsing off the suds. This water can be used to wash the toilet or for other general-purpose cleaning around the house.

5-min shower: **save 45L**

#### Don't Wash Under A Running Tap

When washing the vegetables or doing your dishes, you can save more water if they are washed in a filled sink/container instead of under a running tap. Filled sink/container: **save 28L**

#### Do The Laundry On Full Load

Upon the final rinse, collect the rinse water in a pail. This water is clean enough for cleaning the toilet or washing the car.

4 ticks water-saving label: **save 52.5L**

#### Use Half-Flush Whenever Possible

You can also save the rinse-off water from the shower and laundry to flush the toilet.

2 full flushes + 2 half flushes daily: **save 3L**

#### Other Water-Saving Hacks:

- Install water-saving devices or thimbles in taps to reduce flow rate.
- When cleaning your car, use a pail of water instead of spraying with a hose.
- Repair leaks immediately.
- Try watering your plants in the late afternoon or evening to minimise evaporation.

## INVITE THE OUTDOORS INDOORS



The fragrant, the easy-to-care-for and the edible. Even in high-rise, urban Singapore, it's still possible to bring a touch of green into the house.

### Air plants

No soil, just air. These South American plants can become the green darlings for the lazy-bum gardener.

What works: air plants just need somewhere airy and a not-too-bright spot (maximum 4 hours of sunshine daily). Being extremely low-maintenance plants, air plants just need a light spritz of water once or twice a week as they can thrive on moisture in the air. However, if your air plants are placed in an air-conditioned room where the air tends to be drier, remember to give them a 2-hour dip in the water once every two weeks.

### Rosette Succulents

Even if you're a gardening novice, Rosette Succulents wouldn't fail you. Sporting a mesmerising range of colours in their thick, fleshy leaves, these adorable cuties remain a nifty size and wouldn't grow too big - perfect for that space-scarce countertop or crowded desk.

What works: Rosette Succulents are pretty hardy and relieve you of having to remember to water them daily - just once a week will suffice if they're kept indoors (phew!). These vibrantly-coloured minis will thrive in a cacti potting mix.

### Mint, Basil, Thyme and Rosemary

No more having to buy herbs when you can pinch a little (read: fresh!) whenever you need from your balcony plants. While these popular herbs are known to grow well outdoors, it's not entirely impossible to grow them indoors, or on your balcony that receives abundant sunshine and fresh air.

What works: these herbs are not hard to please - you only need to water them thoroughly daily. To ensure that every part of the plant receives enough moisture, water them until their pots overflow. Also remember to fertilise them once every 2 weeks. Just place a little organic fertiliser granules on top of the soil. It's good to use organic fertiliser as you'd be using them for your cuisine. Whenever you feel inspired to use them in your cooking, simply pinch the big leaves from the top. Picking the mature leaves from the top will allow the herbs to grow taller and flourish.

## YOU CAN AGE WELL



Exercise is for everyone. Even those with limited mobility can do some exercise.

Launched by the Health Promotion Board in March 2017, the “You Can Get Moving” exercise campaign introduces a set of 7 Sit-Down Exercises which focuses on building upper body strength in the arms, shoulders, chest and back. Regular exercise is important for your overall health and well-being.

The 7 Sit-Down Exercises can be done in the comfort of your home. All you need is a sturdy chair and a towel to *get moving*. Individuals who are less mobile, even those who are wheelchair bound, can also benefit from these exercises.

### Try the 7 Sit-Down Exercises today

Take steps towards keeping active and healthy by trying the 7 Sit-Down Exercises today. Simply follow the instructions on the next page to get started and do these exercises at least twice a week. An exercise video, available in different languages, can be viewed or downloaded from [www.HealthyAgeing.sg/GetMoving](http://www.HealthyAgeing.sg/GetMoving).

### How to exercise safely:

- Do not exercise if you are not feeling well.
- Stop if you feel dizzy, unwell or experience any pain or discomfort at any time during the exercise.
- If you have any medical condition(s), consult your doctor before doing these exercises.
- Sit on a sturdy chair with your feet shoulder-width apart.
- Sit upright and breathe normally during the exercise.
- Do not lean against the backrest.
- Do the exercises slowly.

### How to identify a sturdy chair:

- It has a backrest.
- It should not swivel, have rollers, or be able to turn.
- It should not be a foldable chair.
- It should not be made of a light-weight material, such as plastic, as that may cause the chair to fall back easily.

### How to hold a towel correctly:

- Use a towel that is at least one arm's length.
- The towel should be pulled tight and held firmly in your hands throughout the exercises.





## Do The 7 Sit-Down Exercises

Anyone can get moving with these 7 sit-down exercises. You will become stronger, balance better, and move with greater flexibility. Do these at least twice a week.

### 1. WARM-UP EXERCISE

#### Clap Hands

Continue for 3 min



### 2. STRENGTH EXERCISES

#### Boxer

Do 10 times



#### Pull Down

Do 10 times



#### Touch the Sky

Do 10 times on each side



### 3. BALANCE EXERCISE

#### Aeroplane

Do 10 times



For more benefits, repeat the Strength and Balance Exercises at least once.

### 4. FLEXIBILITY EXERCISES

#### Open Arms

Hold for 20 sec



#### Give Flowers

Hold for 20 sec



Find out more at [www.HealthyAgeing.sg/GetMoving](http://www.HealthyAgeing.sg/GetMoving)

An initiative under the Action Plan for Successful Ageing

PASSION365 JUL - SEP 2017

## VOLUNTEERING OPPORTUNITIES



For seniors who wish to try their hand at volunteering, here are some programmes which you can consider.

### Share-a-Pot Programme

Volunteer your time to cook and serve nutritional soup to seniors, and to conduct simple physical exercises or basic functional assessments each week!

Share-A-Pot aims to improve the health of community-dwelling seniors based on the principles of good nutrition, in tandem with physical activity in a social environment to build strong bones, brawn (muscle), brain (cognitive reserve) and bonds (social networks).

To find out more, contact Alexandra Health System at 6555 8000.

### Kopitiam Diaries

Join a group of volunteers as they come together to brew coffee, interact and sing old melodies with the residents of Kwong Wai Shiu Hospital (KWSH) over coffee in a local coffee shop setting. This programme focuses on in-house befriending and improving the well-being of KWSH's residents, with the support of senior volunteers.

For more information, contact Kwong Wai Shiu Hospital at 6422 1291.

### Episodic Volunteering Programme

Get a taste of different types of volunteering through RSVP's Episodic Volunteering Programme! This programme provides ad-hoc and one-off opportunities like chaperoning needy elderly and low-income children to excursions, serving food to low-income residents, organising games and activities for residents in senior centres, and making and extending festive ornaments to beneficiaries.

To get started, contact RSVP Singapore at 6259 0802.



# What's happening

COURSES FOR  
ACTIVE AGERS

THE PEOPLE'S ASSOCIATION

## SENIOR ACADEMY 乐龄学苑

FUN AND FRIENDSHIP



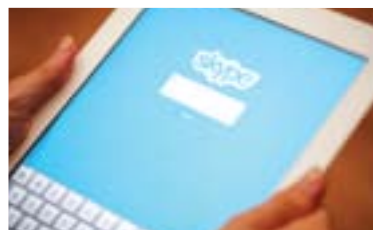
As part of the Senior Academy programme, Seniors for Smart Nation provides a series of IT-related courses for emerging seniors and seniors.

This new initiative will prepare you to be smart nation ready, allowing a seamless integration into the community and enhancing your quality of life.



### SkillsFuture@PA (SA) Tablets 101

Discover the potential behind the tablet in this basic course! Learn how to personalise your home screen with your favourite photos and widgets, set up different accounts as well as familiarise yourself with the functions like photo gallery and communication.



### SkillsFuture@PA (SA) Communications Made Easy with Skype

Can't find time to meet up with a friend or relative in person, or just want some talk-time without having to travel far? Skype makes all exchanges possible, even across the globe! In this hands-on course on web-conferencing, learn the basics of how Skype works, voice-calling, group calls, and many more functions of Skype in an easy-to-follow manner.

**Date:** 5 Aug 2017 (Sat)  
**Time:** 3:00 PM - 6:00 PM  
**Venue:** Tanjong Pagar CC  
**Language Medium:** Mandarin

**Fees:** Above 50 - \$10 (M) \$20 (NM)  
Below 50 - \$20 (M) \$30 (NM)

**Date:** 26 Aug 2017 (Sat)  
**Time:** 10:00 AM - 1:00 PM  
**Venue:** Nee Soon South CC  
**Language Medium:** English & Mandarin

**Fees:** Above 50 - \$10 (M) \$20 (NM)  
Below 50 - \$20 (M) \$30 (NM)



### SkillsFuture@PA (SA) Mobile Photography

The advancement of our smartphones have brought about High-Definition (HD) quality photos. Understand the basic functions of your smart phone camera, and be introduced to the various modes and framing techniques in taking a good photo.



### SkillsFuture@PA (SA) Introduction to Windows 10

Learn to use your computer effectively and efficiently, from the basic features of Windows 10 and the new features it encompasses, to basic internet security.

**Date:** 15 Aug 2017 (Tue)  
**Time:** 2:00 PM - 5:00 PM  
**Venue:** Pasir Ris East CC  
**Language Medium:** English

**Fees:** Above 50 - \$10 (M) \$20 (NM)  
Below 50 - \$20 (M) \$30 (NM)

**Date:** 9 Sep 2017 (Sat)  
**Time:** 6:30 PM - 9:30 PM  
**Venue:** Clementi CC  
**Language Medium:** English

**Fees:** Above 50 - \$10 (M) \$20 (NM)  
Below 50 - \$20 (M) \$30 (NM)

# What's happening

COURSES TO  
ENRICH  
YOUR LIFE

## SkillsFuture@PA DIY Car Maintenance



Participants will learn the basic functions and operation of a modern vehicle, and relate theory with actual systems through demonstrations and hands-on sessions. The course comprises lectures, discussion, show & tell, and hands-on sessions. The hands-on sessions will be held in a fully-equipped automotive workshop. This course is jointly organised by PA and ITE College.

**Date:** 4 - 18 Aug 2017 (Fri)  
**Time:** 7:00 PM - 9:30 PM  
**Venue:** Clementi CC  
**Fees:** \$125 (M) \$130 (NM)

## SkillsFuture@PA Conversational Mandarin



This course aims to acquaint participants with the basic vocabulary used in daily conversations. A vocabulary of between 300 and 500 common characters will be taught during the course. The focus is on correct usage of words and grammar in daily conversations.

**Date:** 6 Aug - 22 Oct 2017 (Sun)  
**Time:** 10:30 AM - 12:00 PM  
**Venue:** Kampong Ubi CC  
**Fees:** \$80 (M) \$85 (NM)

## SkillsFuture@PA Basic Phonetography



Almost everyone has a smart phone now, a perfect tool to do photography or learn photography. Why are the images too dark or too bright? How to improve on the composition and make your photos stand out? From snap shots to great shots!

**Date:** 5 - 26 Aug 2017 (Sat)  
**Time:** 9:30 AM - 12:30 PM  
**Venue:** Tampines West CC  
**Fees:** \$200 (M) \$220 (NM)

## SkillsFuture@PA Basic Sports Massage



This is an introductory workshop to basic sports massage, management of sports injuries, and stretching techniques. In developed countries, sports massage is part of the lives of national athletes, consistent with their commitment to high performance. Athletic training requires that soft tissues be free of trigger points and adhesions, so athletes can perform at their peak.

**Date:** 13 - 20 Sep 2017 (Wed)  
**Time:** 2:00 PM - 6:00 PM  
**Venue:** Geylang West CC  
**Fees:** \$150 (M) \$160 (NM)

With effect from 19 May 2017, all online registration of SkillsFuture@PA (SF@PA) courses will not be eligible for SkillsFuture Credit (SFC) claims in view of the recent revision to the SFC claim processes. SFC claims for SF@PA courses are only applicable for on-site registration at respective CCs where the classes will be organised. For more information about the revision to SFC claim processes, please visit [www.skillsfuture.sg/credit](http://www.skillsfuture.sg/credit).

For more updates on the latest courses, like us on Facebook @ [www.facebook.com/PAcourses](https://www.facebook.com/PAcourses)



Have More of what makes you  
Happy with **Course Xpress!**  
Just 1hr course for **\$10 or less!**

### Guzheng (Adult) – Elementary



Interested in playing a traditional Chinese musical instrument that has more than 2,500 years of history? Sign up for this course to learn how to play the Guzheng in a small group. If you have acquired sufficient skills and experience, you might even be chosen to play for the Chinese orchestra in your Community Centre or Club.

**Date:** 23 Jul – 24 Sep 2017 (Sun)  
**Time:** 4:00 PM – 5:00 PM  
**Venue:** Gek Poh Ville CC  
**Fees:** \$120 (M) \$130 (NM)

### Basic Baking (Parent-Child)



For the really young ones who want to learn about baking but could not previously fit into the age group, here's a special category for them. Accompanied by an adult, children as young as 4 years old can learn how to make biscuits, cupcakes, muffins, tues, eclairs, breads, etc. Let your little one learn more about food preparation, and gain confidence and independence in the process.

**Date:** 6 Aug 2017 (Sun)  
**Time:** 4:30 PM – 6:30 PM  
**Venue:** Rivervale CC  
**Fees:** \$30 (M) \$40 (NM),  
**Ingredients & Material Fee:** \$30

### Xpress Yin Yoga



Approach Yoga the Yin way! Learn how to practise this gentler and deeper form of yoga that focus on increasing the flow of qi, primarily in the meridians of the body.

**Date:** 1 Aug 2017 (Tue)  
**Time:** 2:00 PM – 3:00 PM  
**Venue:** Toa Payoh Central CC  
**Fees:** \$9 (M) \$10 (NM) \$3 (Seniors 60 years & above)  
\$2 (SCM)

### Xpress Variety Baking for Adults



Want to be the next great baker? Whether you are a busy executive or a homemaker, you will pick up the basics of convenient baking, and learn to make a variety of easy-to-prepare items.

**Date:** 23 Aug 2017 (Wed)  
**Time:** 9:30 AM – 10:30 AM  
**Venue:** The Serangoon CC  
**Fees:** \$9 (M) \$10 (NM) \$3 (Seniors 60 years & above)  
\$2 (SCM)





**10% OFF**  
CAT 1 & 2 TICKETS



## Army Daze 2

The sequel to Singapore's most-loved comedy is finally here! This all new comedy catches up with Malcolm Png three decades later. So what's become of those five 18-year old 'blur as sotong' recruits? This much awaited sequel reveals all. Be sure to make a date with Malcolm and friends in this outrageous new chapter!

**When:** 4 - 20 Aug 2017  
**Venue:** Drama Centre Theatre  
**Ticket Pricing:** \$43 - \$98



**15% OFF**  
A & B RESERVE TICKETS  
(EXCL FRI & SAT EVENING SHOWS)



## Cosentino: Anything is Possible

This internationally renowned production is packed with never-before-seen magic that excites, death-defying escapes that thrill, mind-boggling illusions and cutting-edge street conjuring that twists your reality.

**When:** 17 - 27 Aug 2017  
**Venue:** MasterCard Theatres at Marina Bay Sands  
**Ticket Pricing:** \$45 - \$145

'QUITE SIMPLY A MASTERPIECE'  
— *THE NEW YORK TIMES*

# WEST SIDE STORY

OPENS 13 SEPTEMBER  
BOOK NOW [SISTIC.COM.SG](http://SISTIC.COM.SG)  
TICKETS ALSO AVAILABLE AT [MARINABAYSANDS.COM](http://MARINABAYSANDS.COM)

15% OFF  
A TO C RESERVE TICKETS  
(EXCL FRI & SAT EVENING SHOWS)

## West Side Story

A BOY. A GIRL. TWO RIVAL GANGS.  
ONE FATAL LOVE AFFAIR.

Inspired by Shakespeare's *Romeo and Juliet* and set amidst the rivalry of teenage gangs in 1950s New York, the legendary musical *West Side Story* comes to Singapore this September. This award-winning international production boasts an all-American cast, many of whom come direct from Broadway, who will electrify audiences with their high-energy dancing and astounding vocal range in such classic songs as "Maria", "Tonight" and "America".

Don't miss it!

**When:** 13 Sep – 1 Oct 2017

**Venue:** MasterCard Theatres at Marina Bay Sands

**Ticket Pricing:** \$55 – \$185

**Ticketing:** SISTIC outlets, Marina Bay Sands Box Office & Marina Bay Sands Ticketing Page (<http://bit.ly/2oWZM27>)

WILD RICE

# Grandmother Tongue

15% OFF  
TICKET PRICES FROM 27 JULY –  
23 AUGUST, 10% OFF THEREAFTER

## Grandmother Tongue

A sold-out smash at the 2016 Singapore Theatre Festival, WILD RICE's *Grandmother Tongue* returns by popular demand! Written and directed by Thomas Lim, this funny, insightful play explores identity and language through a young man's struggles to connect with his 84-year old Teochew-speaking grandmother.

**When:** 28 Sep – 21 Oct 2017

**Venue:** SOTA Studio Theatre

**Ticket Pricing:** \$35 – \$40

## New PAssion Merchants



- **10% OFF** regular-priced items



### BLACK / PLATINUM PASSION CARD PRIVILEGES:

- **\$11.50** weekday (Mon - Thu) movie package (U.P. \$14)
- **\$14.50** weekend (Fri - Sun) movie package (U.P. \$18)

Movie package includes 1 movie ticket & \$5 F&B voucher

### PASSION SILVER CARD PRIVILEGE:

- **\$5** weekday (Mon - Fri, before 6pm) movie ticket (U.P. \$9)



- **10% OFF** regular-priced items



### BLACK PASSION CARD PRIVILEGES:

- **FREE** ice-cream (worth \$3.80++) or salad (worth \$2++) with every purchase of main course; OR
- **10% OFF** a la carte items during birthday month

### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **FREE** ice-cream (worth \$3.80++) or salad (worth \$2++) with every purchase of main course; OR
- **10% OFF** a la carte items



### BLACK PASSION CARD PRIVILEGE:

- **10% OFF** regular-priced items with a minimum spending of \$10

### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **10% OFF** regular-priced items with a minimum spending of \$10; OR
- **1 FREE hot coffee or tea** (worth \$1.80) with every purchase of Nasi Royale Set (U.P. \$6.90)



### BLACK / PLATINUM PASSION CARD PRIVILEGES:

- HealthTrack Regular (A1) @ **\$250**
- HealthTrack Select (A1) Male @ **\$550**
- HealthTrack Select (A1) Female @ **\$620**
- HealthTrack Premier (A1) Male & Female @ **\$1200**

### PASSION SILVER CARD PRIVILEGES:

- HealthTrack Regular (A1) @ **\$250**
- HealthTrack Select (A1) Male @ **\$550**
- HealthTrack Select (A1) Female @ **\$620**
- HealthTrack Premier (A1) Male & Female @ **\$1200**
- Healthy Seniors Happy Seniors Pack 1 @ **\$120**
- Healthy Seniors Happy Seniors Pack 2 @ **\$160**



### BLACK PASSION CARD PRIVILEGES:

- **\$30 nett** per pax for Lunch & Dinner Buffet @ Kintamani Indonesian Restaurant
- **\$30 nett** per pax for Lunch Buffet & **\$36 nett** per pax for Dinner Buffet @ The Square @ Furama
- **\$20 nett** per pax for Afternoon Tea @ Waterfall Lounge @ Furama

### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **\$28 nett** per pax for Lunch Buffet & **\$30 nett** per pax for Dinner Buffet @ Kintamani Indonesian Restaurant
- **\$28 nett** per pax for Lunch Buffet & **\$36 nett** per pax for Dinner Buffet @ The Square @ Furama
- **\$18 nett** per pax for Afternoon Tea @ Waterfall Lounge @ Furama

Kintamani Indonesian Restaurant Lunch & Dinner Buffet: U.P. \$58++ per pax  
The Square @ Furama Lunch Buffet: U.P. \$70++ per pax  
Dinner Buffet: U.P. \$70++ per pax  
Waterfall Lounge @ Furama Afternoon Tea: U.P. \$20++ per pax





#### BLACK PASSION CARD PRIVILEGE:

- **10% OFF** regular-priced items with a minimum spending of \$40 in a single receipt

#### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **10% OFF** regular-priced items with a minimum spending of \$40 in a single receipt
- **Complimentary selected coffee** (worth \$5.90) or **tea** (worth \$4.90) with purchase of any a la carte food item

Complimentary coffee or tea includes Long Black, Flat White, Cappuccino and Hot Tea only



Hush Puppies®



- **5% OFF** 1 regular-priced footwear or bag
- **10% OFF** 2 or more regular-priced footwear or bags

- **10% OFF** storewide + \*free delivery, capped at \$5 (Promo code: PALAZ5)
- **18% OFF** storewide + \*free delivery, capped at \$8 for new customers (Promo code: PALAZ8)

\*Free delivery on selected sellers and brands is available with a minimum spending



#### BLACK PASSION CARD PRIVILEGE:

- **\$20 OFF** Prescription Glasses

#### PASSION SILVER / PLATINUM CARD PRIVILEGE:

- **\$30 OFF** Prescription Glasses



- Get **\$5** instantly upon sign up & additional **\$5** after making the first purchase
- Enjoy Upsized Cashback from the following merchants (ASOS, Booking.com, Cathay Cineplexes, Fave, Foodpanda, Reebonz, Sephora & Zalora) for purchases via [www.shopback.sg/passioncard-special](http://www.shopback.sg/passioncard-special)



- **10% OFF** regular-priced items with a minimum spending of \$10



#### BLACK / PLATINUM PASSION CARD PRIVILEGES:

- **25% OFF** standard seat admission ticket (U.P. \$18)
- **5% OFF** total bill at Good Old Days & Show Bites

#### PASSION SILVER CARD PRIVILEGES:

- **50% OFF** standard seat admission ticket on Tuesdays & Wednesdays (U.P. \$18)
- **5% OFF** total bill at Good Old Days & Show Bites

## Check Out The Best Deals In Town



#### MADAME TUSSAUDS SINGAPORE

**30% OFF** admission tickets (U.P. \$39 per Adult, \$29 per Child)



#### POLAR PUFFS & CAKES

**\$3.50 OFF** Petite & Regular less sugar cakes (U.P. \$20.80 - \$32)



#### SKECHERS SINGAPORE

Women's & Men's Go Walk 3 Collections @ **\$79** per pair (U.P. \$105 - \$115)



#### SAKAE SUSHI

**1-FOR-1** Red Plate Sushi (U.P. \$6.39)

# Merchants' Listing 2017

GREAT DEALS  
WHEREVER YOU GO

## Food, Wine & Dine



- **5% OFF** regular-priced items



- **10% OFF** with a minimum spending of \$5 on regular-priced items (Applicable on weekdays only)



### BLACK PASSION CARD PRIVILEGE:

- **5% OFF** regular-priced items

### PASSION SILVER / PLATINUM CARD PRIVILEGE:

- **10% OFF** regular-priced items



- **5% OFF** regular-priced items



- **5% OFF** regular-priced items



- **15% OFF** a la carte items with a minimum spending of \$40



### BLACK PASSION CARD PRIVILEGE:

- **10% OFF** regular-priced items with a minimum spending of \$10

### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **10% OFF** regular-priced items with a minimum spending of \$10; OR
- **\$1 OFF** Cheesy Cheese (U.P. \$4.50)



- **5% OFF** regular-priced items



- **5% OFF** regular-priced items



- **10% OFF** total bill with purchase of Medium, Large or Take Home size yogurt

#### Terms and Conditions

- Present PAssion Card & original cut-out coupon to enjoy the offer
- Coupon cannot be used with any other discounts, promotions or privileges
- Valid for dine-in at all Sakae Sushi restaurants in Singapore excluding kiosks
- Limited to one redemption per coupon, per bill
- While stocks last
- The management reserves the right to amend the terms and conditions without prior notice
- Valid from 1 July - 30 September 2017



#### Terms and Conditions

- Present PAssion Card & original cut-out coupon to enjoy the offer
- Coupon cannot be used with any other discounts, promotions or privileges
- Valid at all Skechers concept stores excluding outlet stores
- While stocks last
- The management reserves the right to amend the terms and conditions without prior notice
- Valid from 1 July - 30 September 2017



#### Terms and Conditions

- Present PAssion Card & original cut-out coupon to enjoy the offer
- Coupon cannot be used with any other discounts, promotions, privileges or vouchers
- Valid for selected less sugar whole cakes and sizes
- Valid at all Polar Puffs & Cakes outlets excluding those within convenience stores, petrol stations and supermarkets
- All prices and information are correct at the time of printing and are subject to change without prior notice
- While stocks last
- The management reserves the right to amend the terms and conditions without prior notice
- Valid from 6 July - 30 September 2017



#### Terms and Conditions

- Present PAssion Card & original cut-out coupon to enjoy the offer
- Coupon cannot be used with any other discounts, promotions or privileges
- Valid for on-site purchase only
- Tickets are non-refundable/exchangeable
- Limited to 4 Full Experience tickets per PAssion Card Member, per transaction, per day
- Ticket is valid on the same day of purchase
- Usual ticket prices are correct at time of print
- The management reserves the right to amend the terms and conditions without prior notice
- Valid from 1 July - 30 September 2017



## Fashion & Shopping



### BLACK / PLATINUM PASSION CARD PRIVILEGE:

- **5% OFF** regular-priced items at Far East Flora Garden Centres (with a minimum spending of \$50)

### PASSION SILVER CARD PRIVILEGE:

- **10% OFF** regular-priced items at Far East Flora Garden Centres



### BLACK PASSION CARD PRIVILEGES:

- **40% OFF** regular-priced frames
- **10% OFF** contact lens with a minimum purchase of 2 boxes, on top of prevailing promotion price
- **30% OFF** conventional contact lens

### PASSION SILVER / PLATINUM CARD PRIVILEGES:

- **40% OFF** regular-priced frames
- **10% OFF** regular-priced eyewear lens
- **10% OFF** contact lens with a minimum purchase of 2 boxes, on top of prevailing promotion price
- **30% OFF** conventional contact lens



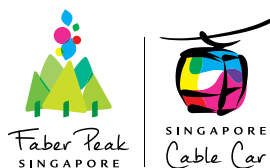
### BLACK PASSION CARD PRIVILEGE:

- **5% OFF** regular-priced Free & Easy packages for Malacca & Kuala Lumpur

### PASSION SILVER / PLATINUM CARD PRIVILEGE:

- **6% OFF** regular-priced Free & Easy packages for Malacca & Kuala Lumpur

## Leisure



### BLACK / PLATINUM PASSION CARD PRIVILEGES:

- **25% OFF** Cable Car Sky Pass Round Trip (U.P. \$33 per adult, \$22 per child)
- **5% OFF** total bill at Spuds & Aprons
- **10% OFF** regular-priced items at Singapore Cable Car Gift Shops (with a minimum spending of \$10)

### PASSION SILVER CARD PRIVILEGES:

- **50% OFF** Cable Car Sky Pass Round Trip on Tuesdays & Wednesdays (U.P. \$33 per adult)
- **5% OFF** total bill at Spuds & Aprons
- **10% OFF** regular-priced items at Singapore Cable Car Gift Shops (with a minimum spending of \$10)

## Holidays



- **10% OFF** Economy Class (Flex & Flex Plus Fares)
- **5% OFF** Economy Class (Saver Fares)

Promo code: SGPA001



- **25% OFF** on up to 4 tickets for 1-Day Theme Park ticket (U.P. RM195 per adult & RM155 per child) or 1-Day COMBO - Theme Park & Water Park ticket (U.P. RM245 per adult & RM195 per child)



# Merchants' Listing 2017

GREAT DEALS  
WHEREVER YOU GO



## BLACK / PLATINUM PASSION CARD PRIVILEGES:

- **25% OFF** standard admission rates (U.P. \$12 per adult, \$9 per child / senior)
- **5% OFF** total bill at Merlion Café
- **10% OFF** regular-priced items at Merlion shop (with a minimum spending of \$10)

## PASSION SILVER CARD PRIVILEGES:

- **50% OFF** standard senior admission rate on Tuesdays & Wednesdays (U.P. \$9 per senior)
- **5% OFF** total bill at Merlion Café
- **10% OFF** regular-priced items at Merlion shop (with a minimum spending of \$10)



## BLACK / PLATINUM PASSION CARD PRIVILEGE:

- **10% OFF** prevailing adult & child admission ticket prices to Jurong Bird Park, Night Safari, River Safari & Singapore Zoo

## PASSION SILVER CARD PRIVILEGE:

- **30% OFF** prevailing senior citizen admission ticket price to Jurong Bird Park, Night Safari, River Safari & Singapore Zoo



## PAssion POSB Debit Card For Everything Singaporean

Neighbours first, bankers second



Get discounts on courses and more at Community Clubs

Get recharged with 1-for-1 tickets to Night Safari

Save 1% cashback at Takealot

1-for-1 tickets to local attractions and more on the 10th day of every month

With its long list of benefits, no other card comes close to letting you enjoy everything Singaporean whenever you want.

Benefits include:

**FREE + 1-for-1**  
5-year PAssion membership

Sign up now at [www.posb.com.sg/passion](http://www.posb.com.sg/passion)

Terms and conditions apply. Visit [www.posb.com.sg/passion](http://www.posb.com.sg/passion) for full details. Privileges are directly debited from your bank account. There are printed rules of unauthorized signature. PAssionCard is not a bank card and is not a credit card. Subject to the POSB Debit Card Agreement, the maximum liability for unauthorized transactions and due to your negligence is \$2,000. Please allow up to 14 days to process refunds. POSB Debit Card Agreement applies. For a copy of the POSB Debit Card Agreement, please visit [www.posb.com.sg/tc](http://www.posb.com.sg/tc).

ENJOY YOUR  
**SILVER YEARS**

**3% OFF**  
Every Wednesday

when you present your



Discount not applicable on Tobacco and Cigarettes, Dairy Farm Gift Vouchers, Infant Formula and purchases on Cold Storage Online.

Exclusively at  **Cold Storage**  
*The fresh food people*

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Your Guardian Pharmacist is just a click away.  
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**Earn 5X TapForMore Points\***

\*Valid till 31 September 2017. Terms and conditions apply. Cannot be used in conjunction with Guardian Golden Senior membership card. Guardian reserves the right to amend the terms and conditions without prior notice. Excludes bulk purchases by traders, milk powder, services, newspapers and magazines.

**Believe us. You can't say no to these price drops!**



**Giant**

**FIRE SALE**  
**SAVE UP TO 68%**

**ADDITIONAL PERKS!**

**Earn  points with every spend!**

Don't let your shopping go unrewarded! Redeem the points during your next purchase at **Giant** for **INSTANT DISCOUNTS!**

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# PASSION

SG



For more information, please visit [www.passioncard.sg](http://www.passioncard.sg).